

HOW LONG TO HOLD A YOGA POSE CHEAT SHEET

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1 breath= 1 inhale and 1 exhale

Benefits of...

HOLDING POSES BRIEFLY



- Improves cardiovascular health
- Boosts metabolism
- Burns fat
- Increases stamina
- Teaches you to enjoy movement

HOLDING POSES LONGER



- Builds strength
- Improves stability and balance
- More time for better alignment
- Improves flexibility
- Promotes curiosity

How Long to Hold a Yoga Pose Based on Practice Type

YIN: 5 min+/pose

ASHTANGA: 5+ breaths/pose

VINYASA: 1-5 breaths/pose

BIKRAM: Up to 1 min/pose

IYENGAR: 1-5 mins/pose

POWER: 1-5 breaths/pose

RESTORATIVE: 5-20 mins/pose

**Most important tip of all: Listen to YOUR body!